



COARSE OATCAKES

Ingredients to make 18 (or 9) three inch rounds

425g (215g) medium oatmeal (Hamlyns or Hogarths available from Rogers in Cupar)
25g (10g) coarse or pinhead oatmeal
50g (25g) butter at room temperature or 40g (20g) sunflower oil
6g (4g) salt
4g (half teaspoon) soft brown sugar, optional
190g (90g) of boiling water

Method – preparation 20 minutes, baking 40 minutes

Rub the butter through the medium and coarse oatmeal thoroughly.

Dissolve the salt and optionally the sugar in the boiling water then add to the oatmeal to make a soft but not sticky mixture. If the mixture is very sticky, just wait a couple of minutes.

A silicon ice-cream scoop is ideal for transferring the mixture to the baking tray but a table spoon works too.

Pat each scoopful into a 3 inch round approx ¼ inch thick on a lightly oiled tray.

Bake at 150°C for 60 minutes until the cakes no longer bend if you lift a corner. Do not let the cakes go brown because even slightly burnt oatmeal tastes horrible.

Serving

Oatcakes go well with soft cheeses (goats cheeses), with honey or with butter. If you are a complete Hedonist then go for goats' cheese with a spoonful of raspberry jam on top. Healthy, delicious, keep well, cheap, easy to make, go with everything - what more could you want.

Adjust the salt and sugar to taste. Vary the proportions of medium or pinhead oatmeal to alter the texture but note that finer oatmeal will need more fat, coarse meal needs less.

With oatmeal bought in bulk the cost of ingredients is approx 3p each oatcake.